

ballasted on an even keel, or if lightly laden, slightly down in the bow. The safest course down the wind is exactly at right angles to the waves. Watch out for following seas that may catch up to you and pour in over the stern if you are travelling too slowly. The greatest danger is in "broaching to", when the canoe, if travelling too fast is picked up by a following wave and carried forward with it at high speed. If the canoe is not held exactly at right angles to the waves it is very likely to plunge into the wave ahead and roll over.

Handling a canoe in Running Water.

Downstream

In travelling downstream the canoeist must be on the alert to avoid getting into the swift current at the head of a rapid or fall before it is noticed. The roar of the water does not always give you warning in time to get ashore.

Never under any circumstances attempt to run a rapid with which you are not familiar.

Always try to keep the bow pointing downstream. The canoe is steered by strokes of paddles. Bow

durability known in history & also. Canvas covering after
shutted in hull of boats with a yellow which 2 days
with smoke & a thin green coat of colour & finished
in color. W her selected and used with
discussion, a reasonable amount of
skill, and common sense the
canoe, whether all wood, or
canvas-covered is one of the safest
crafts afloat. It is more buoyant
and sea-worthy than any other
vessel of the same size, weight,
and carrying capacity. It is covering

Safety in landing. The most important point to
remember is case of an accident is
that owing to its buoyancy a canoe
will not sink even if it has been
completely submerged. Unless it is
very old and badly waterlogged any
canoe has enough buoyancy in the
wood to support at least four people
provided they keep down low in
the water.

In an upset - remain with the
canoe. ^{is canoe one man craft. Usually slow}
^{moving. It can beat general ability length}
^{usually carry 3 adults. Good on portage & rapids}

Handling a canoe in Rough Weather.

The canoe is at its best in small
lakes and streams and most models
are designed for use in such waters.
While almost any canoe can
be used safely in large lakes,
more care and skill is necessary
in its management in high
winds and heavy seas.

If you are not expert and are caught out in a blow it is usually best to make for shore or shelter. Landing on shore exposed to the wind is difficult and often dangerous and if there are no islands or points that promise shelter the only thing to do is head up into the wind and make for the protected shore.

First see that the canoe is ballasted so that the bow will ride fairly high. If you have to make a turn to get to shelter take advantage of the lull that usually comes between series of specially high waves and make the turn as quickly as possible. If your canoe is heavily laden do not attempt to head directly at right angles into the waves where it will be difficult to keep from shipping water. Even if it takes you a little off your course face the waves in a slightly diagonal direction so that you slide over rather than force your way through them. In topping a wave at such an manner angle the canoe is supported through more of its length with less strain on its construction and with less likelihood of it sliding down one roller and burying its nose in the next. There is also the advantage of

and stern must work together - the stern should be ready to follow any sudden move on the part of the bow.

Upstream. Poling or tracking a canoe upstream in swift water is difficult and usually harder work than potaging.

The Care of a Canoe.

In launching. never step in canoe or sit on it when it is on land. Never drag it along the ground or slide it over rough surfaces in launching it. Never jump into a canoe. Avoid stepping into it unless it is floating free from bow to stern. Never load it in water so shallow that it will rest on bottom. Never overload, especially when putting the canoe to the strain of crossing high waves or running rapids.

If you run on a rock or snag never barge ahead and try to force the canoe over the obstruction. Lean to one side or the other and try to float it off or shift your load to the stern to try to raise the bow clear. never wear heavy boots in a canoe. - Remove rubbish boats. If you ship water, bail it out, on land and empty canoe as soon as possible. Wash out all sand and gut as this works 33

its way through the inner skin and
destroys the canvas.

Never drag a canoe ashore when
loaded.

Your canoe will give you good service
as long as you give it good care.

Game is Restarted.

1. After a goal & at beginning of 2nd period.

By a centre draw.

Draw -

1. Crosses of opponents at rt L's to imaginary line drawn from centre of nearest goal line to spot where the draw is to take place.



2. Player's cross between ball & goal she is defending.
3. At centre draw opponents shall stand with one foot touching centre line.
4. Crosses held in the air about hip high, wood 2 wood, angle 2 collar, & 11 to ground.
5. Ball placed by umpire betw. backs of crosses.
6. On - "ready, draw": from unsp., 2 oppon. immed. draw crosses up & away from 1 another.
7. No draw within 10 yds. of goal line or any pre-determined boundary.
8. No other players - within 10 yds. of the centre draw & 5 yds of any other draw.

2. When Deemed out of Bounds.

- a. All players stand when the whistle blows.
- b. If 1 player nearest ball she takes ball in cross & on word "play" from unsp. the game shall proceed. May run with ball, pass or shoot. She may be checked immed. on word "play".
- c. In case of 2 players of opp. sides being equally near ball, 2 players shall stand 5 yds. within ground from where ball went out, facing centre of field, at least 1 yd. apart, & with defense on goal side of opponent. Ball tossed to them by unsp. & is immed. in play.

3. After a foul.

- a. All players shall 'stand' except goalkeeper who may resume place.
- b. Umpire indicates where player taking "Free 35

Position' is 2 stand no player may b within 5 yds of this player. Anyone closer may ~~know~~ be directed by ump.

c. Player taking "Free Position" take ball in her crease & on whistle may run with it, pass it or shoot.

d. After a simultaneous foul there will b a 'draw'.

Fouls -

A player shall not -

1. Swing or strike her crease roughly up or down on another's crease from behind or bft.
2. Hang her crease around an opp's neck when tackling from behind.
3. Check or hold her opp's crease when her opp is not in possession of ball.
4. Hold down opp's crease, either in air or on ground, when opp. is in possession of ball.
5. Hold or impede opp's movements by pressing crease agin' opp's body. This means player may only detain an opp. by use of own body, viz., body checking.

N. B. Body Checking is the placing of 1's body in way of an opponent so that latter is simply impeded, & giving ground gradually in order 2 slow opp. up 2 allow crease checking.

Cease Checking is topping of crease of another player with 1's own crease in order 2 dislodge ball.

6. Deliberately charge or shoulder an opp.
7. Scrimmage with legs, entwined nor having turned her back on opp. Deliberately push her off a ground ball.
8. Trip nor push opp. with hand a crease, nor guard crease with free arm.
9. Wilfully touch ball.
10. Throw crease.
11. Move from position when whistle is blown 'til game is restarted.
12. If she drops crease, touch ball or impede an opp. in any way until she recovers it.
13. When attacking, have any part of body, or crease over crease, either during or after a shot or pass, nor after a shot may she turn run into or thro' crease, nor shall she check goalkeeper when latter is within crease.

14. While within crease hold ball in crosse but must clear at once, nor must she draw ball back, into crease unless both feet are within crease. And when outside crease with ball must not step back into crease until she has got rid of ball.

Penalties -

The penalty for a foul is a Free Position.

Free Position

a. All players must 'stand' except goalkeeper, who may resume her position.

b. The ump. indicates where player taking Free Position is to stand. No player may be within 5 yds. of this player. Any one closer may move to a place indicated by ump.

c. The player taking Free Position shall take ball in her crosse & on whistle may run with it, pass or shoot.

1111/1111

Inconducary

Weapons against A. Industry B personnel C. military objectives

Elementary Protection against H. Explos.

Shell cylindrical or stream-lined σ σ fall w
least resistance from air

Length of body - $\frac{40.6 \times \text{diam}}{1.1 \pi}$ least resistance from air.

2. *Symneme* 761.
3. *Antal*.

Fuse - 2 kinds, instantaneous - explodes on contact w/ target

2. Delayed. - a moment

Fragmentation Bomb.

1. Anti Personal - 20 lbs - use again. pop.

break down model, etc. Instant fuel, pendulate by explosion

Heavy - Cage - 500-2,000 lb. Heaviest steel casing 7.
 & restricted places

Military & Naval objectives. Direct hit = best results

3. Medium Cage - shell little lighter than 1.
more explosive, factories ^{general} & bombardment, etc.

Insolent & often delayed. 50-1,000 lbs, etc

Intense blasts & great fragmentation

medium + light - General Pelopon Bont. also medium
Population. 14' long x 24' - 9' full of explosive case.

Up to - 2000 4000 lb - 4' x 2"

20 " - 2' x 5"

Dipping of Bonita

Gr Body - 300 miles p/h. = Bombers

Bomb comes in 6

2000' Well Stope at
1000' " " " 40' from vertical

1,500 950' p/sec. Striking velocity.

Break into 2,000 - 6,000 pieces.

Differ in sizes according to vol.

Vel. 4000-7000' at 10' from explosion.

Effective range ^{2,500} ^{5,000} ^{5,000} ⁵⁰⁰ but many travel 1/4 mile

Blast + 11/11/11
Effect of explosion on surrounding air - great pressure still may expand to $1\frac{1}{2}$ x original dia. 64 exploding

Suction - reverse of blast. After blast suction taken in - Gases create vacuum around bomb & as they cool form suction as vacuum is filled w new air.

All methods of dealing R not disclosed.

- Time Bomb - 1. Decide whether left in ground or removed.
2. Made by military authorities - extract & remove & explode it.
3. Evacuate area
4. Remove & the fuse by experts.
5. 4 das if not explode bomb dud.

Bomb - Access by liberation of gas of all explosives. Classification of bombs depends on speed of generation of gas.
Explosive H.E. - Shifts only.
T.N.T. H.E. - Blast only.
Det. 15,000 - 25,000 ft p/sec.

Radius of Expansion - 20-25'

Methods Used & Protection -

1. 7th protection by direct shot.
2. 60-80' bomb shelters. Earth shock from any explosion reason & depth.
3. Very thick concrete on logs.
4. Large bombs w delayed fuse penetrate 30-40' - average 20'

Shelters

Steel Frame Building - Best protection - if walls brick or reinforced concrete, etc. fire resisting walls. Learned from Spanish War.

Blast & Splinters - Bursting 500 lb at 50' dist.

2 types of Protection.

1. Overhead - again splinters from anti aircraft shells.

2. A.A. Shrapnel, machine gun bullets, etc.

Brick wall 13 $\frac{1}{2}$ " thick.

80" sand or gravel

Refuge Room - Table w steel top & L's w netting netw. - protects refuge room from collapse.

Trench ① Pre-fabricated outside on concrete or brick. Good & expensive.

Fix up room into refuge room. ① & ② better

③ than refuge room. Psychological reasons.



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